



Coromandel Valley Primary School



Policy Document Name	Sunsmart Policy
Date Ratified	Sep 2022
Date for Review	Sep 2025

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV radiation exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy and it is accessible on the school's website.

The staff is encouraged to access the daily sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and/or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen 20 minutes before going outdoors.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable. Students will wear their hat in term 1 and 4 and in term 3 at lunchtime only.

4. Shade

- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV radiation level is 3 and above staff will be encouraged to:

- Wear appropriate sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the R-7 curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent and caregiver meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

Policy review

The school governing council and staff regularly monitor and review the effectiveness of the SunSmart policy every three years and make revisions when required.

Date of next SunSmart policy review: May 2025

APPENDIX OF

Relevant resources

Sun protection times show when the UV is forecast to be 3 and above.

- **Find out the daily Sun protection times:**
 - *Download a free online SunSmart app on your mobile phone or as a free widget for the school's website:
www.cancersa.org.au/sunsmart-apps
 - * Read the weather section in newspapers
 - *Visit the Bureau of Meteorology website:
www.bom.gov.au/sa/uv
- **Create your own SunSmart poster:**

Online SunSmart poster templates via www.sunsmartposter.com.au where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D, beach and playground posters to choose from.
- **Creating effective shade:** This online shade audit tool enables the school to assess whether the existing shade is adequate. It also helps leaders develop a list of practical recommendations to improve both built and natural shade. www.sunsmart.com.au/shade-audit.
- **Generation SunSmart:** Fun and interactive online sun protection modules for staff and year 6 students. www.generationsunsmart.com.au